

SUNDAY, SEPTEMBER 6, 1896.—COPYRIGHT, 1896, BY W. R. HEARST.

# FAVORITE RECIPES OF LI HUNG CHANG'S CHIEF COOK.



Over in China there is a man languishing in prison. It is uncertain when he will be released—not, probably, until age has silvered what little hair the tenuous custome has left him.

What do you suppose he did to merit such punishment as that? Did he kill a man? Did he rob a bank? Did he set fire to a building? None of these. He was Li Hung Chang's chicken cook, and he sent to the table of the Prime Minister an old rooster of many winters. When that ancient bird came to the Viceroy's board the Viceroy made two full jabs at him with the viceregal chop sticks, and, spluttering with wrath, condemned the cook to a dungeon cell.

A new chef was secured to accompany the Viceroy upon his trip around the world. He was chosen for his expertness in the cooking of chicken, and to that he devoted his entire attention! There are two other cooks to attend to other dishes, and a sublime and learned and very-well-fed oliginous-looking gentleman, whose function it is to taste the various dishes and pronounce them fit or unfit for His Excellency's palate.

The name of this wondrous chicken cook—probably the greatest chicken cook in the world—is Cheong Kung Sun.

Cheong Kung Sun is no ordinary mortal. In fact, how could he be and have charge and keeping over the life and digestion of so great a genius? He dresses in black silk. He has all the appearance of a court physician. If you saw him in a play, you might take him for a priest of Buddha. He

has a bulging brow, which bespeaks large intellect; he has a serious mien and great dignity of manner. Nothing is trivial to him. A pinch of salt, more or less, may send him to jail. He overawed and dumfounded with his gravity and his skill the chattering French magpies who worked about him in the kitchen of the Waldorf. He was master of mysteries which were beyond their comprehension and even the scullions came and looked on with wondering eyes as Cheong Kung Sun sprinkled mysterious powders over the victims of Li Hung Chang.

Cheong wears upon the third finger of his right hand a massive ring of beaten gold. In its roughness it looks like a nugget, and in place of a gem it bears the seal of this mighty man. The seal and the signature of its owner are printed upon this page. Cheong Kung Sun paused from the cooking of chickens for His Excellency to press this seal upon a bit of wax for the Sunday Journal, and in evidence of good faith subscribed his name, which he may run who reads. It means the wide-spread man, the great, the expansive. And he must needs be great.

The kitchen of the Waldorf in Li Hung Chang's establishment falls upon Cheong Kung Sun, for the Viceroy has chicken for every meal, 365 days in the year, with three extra meals of chicken in leap year. Cheong Kung Sun scarcely knows what respite is. It was a treat to him when the Viceroy absented himself for a day from the felicity of Celestial chicken and drank tea with Mrs. General Grant.

It would have been very gracious for Lord Li to leave his Honor Mayor Strong a fine box of the tea with which he has regaled himself at the Waldorf. It is tea such as no American, probably with the exception of Proprietor Boldt, has ever tasted.

The Mayor of this great city of New York slips in the intervals of his business, a lonely, respectable quality of Oolong, which retails at eighty cents a pound. Li Hung Chang conducts the Chinese affairs of state with

the aid of "blossom tea," which sells in China for \$17 a pound, and which cannot be procured in this country for love or money.

But the "blossom tea" is none too good to wash down the mastery dishes compounded by Cheong Kung Sun. He is the greatest of his kind. All the Chinese culinary science which hoary-headed centuries have been able to develop is stored away under his large, shaven and bumpy skull.

Cheong Kung Sun never uses butter. No Chinese cook does. In the first place he doesn't believe in it. It is against their religion. In the next place there is in China a sad scarcity of horned cattle, for the population is so dense that there is no land left for pasture. The Chinese baby is never brought up on the bottle. It is a Chinese maxim, which Li Hung Chang knows well, "Never rob the calf to feed the kid."

Nor does the Chinaman use olive oil or cottonseed oil. The grease which he employs in cooking is peanut oil, or, failing that, lard. Beef, pork, mutton, fowls, ducks, geese, eggs in an infinite variety, pigeons, quails, plovers and rice birds; oysters, clams, mussels, crabs and every fish that swims, as well as every vegetable that grows—barring, perhaps, poison ivy—the Chinaman makes food of them all. His seasonings are salt, pepper, mustard, onions, onion shoots, garlic, ginger, green and red peppers, black beans, salt cabbage, all the herbs, vinegar, oyster sauce, shrimp sauce, curry powder, and soy—a sauce made from the soy bean, and bean sauce, which the Celestial calls "ton chong."

A few of the adjuvants—things which are cooked with the staples to bring out new flavors, or strengthen weak ones, are celery, mushrooms, all sorts of fungi, dried tiger-lily flowers and stems, lotus lily roots, white cabbage, bitter cabbage, balsam apple, dishing gourds, bamboo shoots, lotus nuts, barley, tomatoes—in fact all our vegetables, besides hundreds we have never heard of. Then there are Chinese sauerkraut, pak kwo nuts,

canned ginger, canned lichees, canned yam, cucumber pickles, such as no American ever saw or tasted. There are gumbos bigger than any Southern cook ever saw in his life.

There is little roasting in the Chinese cuisine, and no broiling at all. To the American housewife who wants to try a Chinese experiment upon the digestive apparatus of her husband, a few preliminary blats. It is not difficult for a good American cook to attain praiseworthy skill in Chinese cookery in a very short space of time. The seasonings, which are not known to our cuisine, can readily be had at any of the Chinese grocery stores. And, when you have tried them once, you cannot forget them.

A great many flavors, strange to American palates, are secured by peculiar methods of preserving meats, eggs and vegetables.

Cheong Kung Sun cooked for Li Hung Chang during his stay at the Waldorf which were anywhere from 500 to 200 years old.

They are considered a great delicacy by the Chinese, but when the chief cook of the Chinese contingent opened a few of them and distributed them in pieces among the French help in the Waldorf the followers of Savarin and the great Vatel put their aprons to their noses and fled, with fearful cries and gestures of agony and fright. These eggs are preserved in a coating of clay and lime, into which is mixed some peculiar seasoning, which, in appearance, resembles caraway seeds. The coatings are of different colors, and the flavors vary accordingly. But there is in them all a predominant savor of antiquity, which no amount of lime and caraway seeds could ever conceal.

Remove the coating of lime and earth, then take off the shell. The white is no longer white. It is brown and translucent—looks for all the world like gelatine, and the yolk is green, with numberless shades of greenness, marking as do the rings in an oak tree, the accumulated years of age

## QUEER DISHES SERVED AT THE WALDORF BY LI HUNG CHANG'S CHICKEN COOK.



Now for some recipes. The American housewife, when she has read them, can go to Chinatown, provide herself with the strange Chinese condiments and vegetables, and preserved meats and things, and, if she is clever, in a week she should be expert enough to cook for Confucius, who ate, in his learned day, the same sort of pabulum that Li Hung Chang's great cook, Cheong Kung Sun, fixed up in the kitchens of the Waldorf.

### FAHN. RICE.

TO COOK RICE—This is the Chinese staple. They fight, work, play, live, die—on rice. They call it "fahn." The Chinaman will not admit that any other nation in the world knows how to cook rice. The desideratum is to have each kernel firm, dry, light, separate, and tender. Rice should be boiled over a moderately hot fire. A cup and a half of water goes with one cup of raw rice. After the water has boiled vigorously for three or four minutes, the pot should be put over a slow fire. Then the steam will do the rest. Never stir rice, nor let the pot be jarred or shaken, nor lift the lid more than once. After boiling and straining it should be dried for fifteen minutes.

RICE AND FISH SOUP (yu sang chuk)—Boil two tablespoonfuls of rice in four quarts of water for two hours. Slice thin the flesh of a large fish; cut up onion shoots, fresh ginger and dried cabbage into small pieces. Boil some hard and mix it thoroughly with the fish. When ready to serve pour the rice water into soup plates, in each of which has been placed some of the ingredients mentioned, along with soy, salt and a bit of white pepper. Spaghetti has also been adopted by the Chinese for this soup. They will use any old thing.

### TEA. TEA.

TEA, which is the companion to rice in the Chinese bill of fare, should be steeped for five minutes before serving. Only boiling water is fit for brewing tea. There is no barbarianism so great in a Chinaman's eyes as the putting of milk and sugar into tea.

OYSTER SOUP (ho kung)—Take a pound of pork, cut it up, boil it for one hour in two quarts of water, and add dried cabbage and tiger lily stems; then put in a pint of oysters and let the whole stew only two or three minutes before serving.

STEAMED BEEF (din gwau yuk)—Take one pound of chopped beef; put it into a tin dish, beat two eggs and mix with the meat; add fresh ginger and onion shoots cut fine. Season to suit the taste, and steam until the color of the beef disappears. Add peanut oil and a little soy before serving.

STEAMED DUCK (ching dun ark)—Stuff the duck with chestnuts, lotus nuts and pork, together with barley, all having been previously boiled. Steam in a deep dish until very soft. Sprinkle lightly with salt and pepper and garnish with parsley. C139

STEAMED HAM AND EGGS (jing gwai yahn)—Parboil small pieces of ham and put them into a tin dish holding six well beaten eggs. Season with

salt, pepper, ginger and onion shoots cut very fine. Then steam the whole mess until the eggs are cooked. The ham will take care of itself. STEAMED PIGEON (ching dun pak gop) is treated in the same manner as the duck.

### GIN WO KUNG. BIRD'S NEST SOUP.

BIRD'S NEST SOUP (gin wo kung)—The delicacy of the Chinese taste in favorings is better exemplified in this dish than in almost any article of the Chinese cuisine. Buy from a Chinese grocer a box of birds' nests—or rather of the gum with which a particular sort of Chinese birds cement their nests to the trees in which they are built. The stuff comes put up with gold foil and many wrappings, and costs several dollars a box. Into cold water put a scant handful of barley, which has been carefully washed, and some chopped onion sprouts, with the hard part of tomatoes, grated, and the powdered root of a lily. Boil until the barley is thoroughly dissolved and then put in the birds' nest material, a small quantity will be sufficient. The salt and pepper should not be added until the entire compound has cooked for half an hour. Then season to the taste. This chicken broth is often used in this soup, which is served with the addition of a sprig of parsley or celery tops.

### GHOW GHOP SUI. FRICASSEED GIBLETS.

FRICASSEED GIBLETS (chow chop sui)—The genius of the Chinese cook runs to concoctions and combinations, and his skill along these lines is infinite. The most popular of the Chinese fricassees has already gained some celebrity in America. It is called chow chop sui, which really means fricasseed giblets. But to the original giblets have been added a multitude of things, which has made chow chop sui rival in heterogeneity the far-famed boarding-house hash. Nothing can be put into chow chop sui that will go amiss. But the dish in its most delicate form consists of chicken livers, cane sprouts and mushrooms, with a delectable dark-brown gravy over all.

DIRECTIONS—Cut up equal amounts of celery, and wash and soak some dried mushrooms and bits of raw ginger. Fry the chicken giblets in peanut oil until they are nearly done, then add the other ingredients and a very small quantity of water. A favorite addition to this dish is scraps of pork and slices of dried cuttlefish, also rice which has been left on a damp floor until it has sprouted. These sprouts, about two inches in length, are remarkably tender and palatable. A little soy should be put into the chop sui while cooking and peanut oil to furnish the grease. Eat freely of it. If you can digest it you will live to be as old as Li Hung Chang.

STEAMED FISH (jing gwai)—Take any fish weighing more than half a pound, cut into four or five pieces, put into a shallow tin dish or a china plate, and season with salt and pepper and a tablespoonful of boiling lard, with chunks of fat pork, ginger, dried cabbage, onion stalks and any

thing else that happens to be handy. Steam it for fifteen minutes. In steaming care should always be taken to have the water in the vessel boiling before the dish of edibles is put in.

### GUY KUNG. CHICKEN SOUP.

CHICKEN SOUP—Cut up a chicken into half-ounce pieces; boil two hours in three quarts of water with dried mushrooms and tiger lily stems. FRICASSEED CHICKEN (chow gwai)—Cut up a fowl in any way you wish; get ready dried or fresh mushrooms and a stalk or two of celery; also a small piece of ginger and some chopped onion. Fry the chicken first till it is nearly done; then add the other articles and season with salt and soy and a tablespoonful of Chinese brandy.

FRICASSEED FISH (chow yu peen)—Cut a good-sized fish into two or three pieces, also some fat pork into small strips; chop onion shoots and raw ginger fine. First fry the fish with a little peanut oil, on both sides, until it is half done. Then throw in the pork. After two minutes add the other elements and also the peanut oil which was used in frying the fish in the first place. This will remove the fishy taste and makes a gravy that is worth while.

FRICASSEED BEEF or Chicken with balsam apples (chow fu gwa gwau yuk, or fu gwa gwai)—This is greatly esteemed by the Chinese. Take a pound of balsam apples—you can buy them in Chinatown—to one pound of beef or chicken. Remove the seeds and their white covering. Cut them into slices and parboil for ten minutes. Then fry the meat or chicken until brown and nearly done. Add the balsam apples, bean sauce and little strips of ginger. This is a favorite dish in all Chinese houses, and is especially valued in the Summer time, as the balsam apple is supposed to have some medicinal qualities which are preventive of midsummer ailments.

### 飯 GUY.

BOILED CHICKEN (ho gwai)—Remove the entrails from the chicken and plunge it into boiling water for fifteen minutes. When it comes out it will not have any feathers. It should be boiled in water which has no condiments or seasoning. The fowl should be allowed to cool, and afterward cut (not after the surgical fashion in use among Caucasians, but with a cleaver), beginning at the tail and cutting into thin strips all the way to the head. Part of the bone structure goes along with every chunk of chicken. Boiled chicken should be eaten with soy or oyster sauce, and with a little English mustard. The flavor which these sauces lend to an old barnyard fowl will surprise an American epicure. The soy is a Chinese version of Worcestershire, which it very much resembles, except that it contains an excessive quantity of salt and has an aromatic flavor which resembles nothing else on earth. It costs about 40 cents a can.

PORK stewed with cucumbers and cabbage (yu yuk chow wong gwai choy)—Cut the cabbage into small pieces; clean out the seeds from the cucumbers and divide the hard portion of the cucumbers perpendicularly into

halves. Then slice it in pieces one-third of an inch thick. Fry the pieces of pork thoroughly; add salt to the taste, then throw in the vegetables with some strips of ginger, add half a cup of hot water; stew till the vegetables are cooked soft. Put soy on it and eat it, with chop sticks if you can, with a fork, if you must.

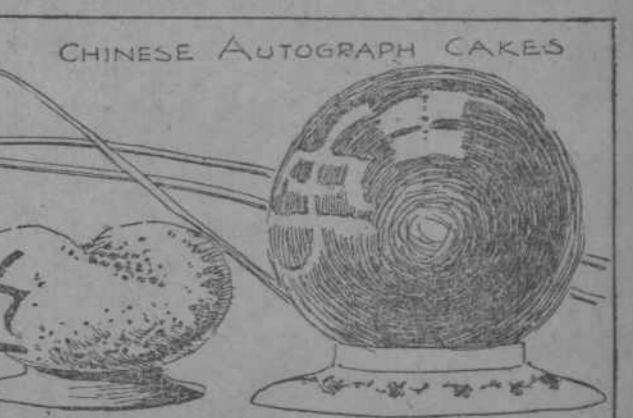
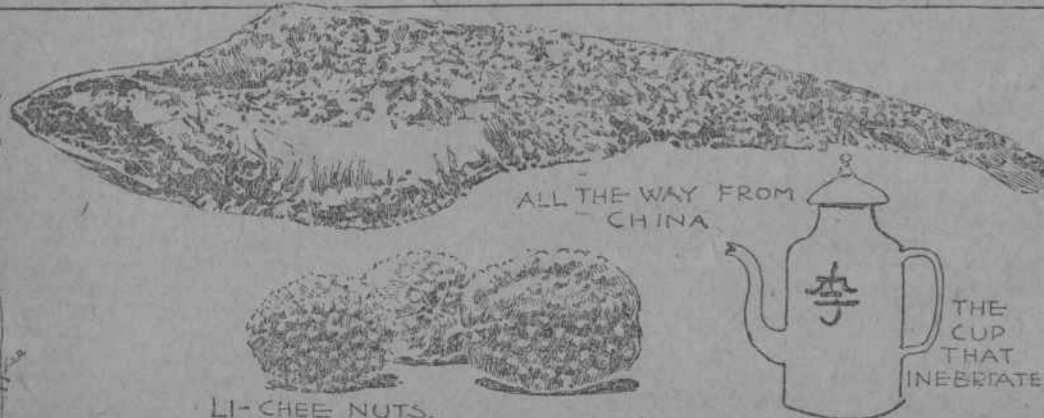
OMELET (too gwau dai)—This omelet is a wonder. There is no cook on earth who can make an omelet like a Chinaman. Chinese history, so far as revealed to Americans by Li Hung Chang, does not state the name of the first Chinaman who decided that dried mushrooms and slices of the pit of a bamboo shoot, also chopped celery and some other things unknown, were good to put into an omelet; but they are. Beat half a dozen eggs till the yolk disappears. Cut the bamboo shoots, which can only be bought in Chinatown, into thin strips an inch long. Clean the mushrooms and cut them up similarly, along with four ounces of ham. Fry the bamboo shoots and the ham first in peanut oil; then throw in the mushrooms and after a minute pour the eggs into the pan. Add salt and pepper, and stir the whole to prevent its cooking unevenly. Shake it up before the eggs get too hard, and over it all, after it is placed upon the dish, pour a gravy which you can make from the peanut oil which is left in the pan, and which has gained seasoning from the ingredients of the omelet.

### 臘腸 LOP CHONG.

PORK SAUSAGE (lop chong)—This dish comes into favor when cold weather sets in, and long strings of the sausage may be found in any Chinese grocery in the Fall and Winter. It looks, before its preparation for the table, like a dried-up frankfurter, but steaming swells it. It is composed largely of the fat of the pork, chopped coarsely, and does not, when sliced and served, get juicy like a frankfort. It is crisp and flakey, and has a strange flavor which is wrought in the pork by boiling it with dried apples. All that is necessary is to steam the sausage for ten minutes, slice it and serve it with a dish of soy and preserved apples, which may be bought in cans.

### 魚翅羹 YU GHEE.

SHARKS' FINS (yu chee)—These delicacies, dear to the Chinese heart, at palate, and famous the world over, may be had dried at any Chinese grocery. Wash them well and soak for several hours in enough cold water to cover them. Put into a frying pan, with part of the same water, to which add a sprinkling of salt and pepper, two or three tablespoons of oil, a small quantity of ginger root, and a teaspoonful of sugar, melted and browned. After cooking thoroughly, with frequent basting of the liquor, they may be served with it upon a hot dish, or laid upon a composite of rice, celery sprouts and bamboo shoots, seasoned with soy, mustard, and cooked in just enough chicken broth to leave it about as thick as ordinary breakfast oat meal.



SOME FAVORITE TIDBITS OF VICEROY LI, INCLUDING AN EGG 250 YEARS OLD.